



Official Weigh-in Site for the 2010 Campaign!

Weigh-in

Saturday Jan 23 8am to 6pm

Sunday Jan 24 1pm to 6pm

Monday Jan 25- Friday Jan 29

8:00AM to 7:00 PM

Weigh-out

Saturday April 10 8am to 6pm

Sunday April 11 1pm to 6pm

Monday April 12- Friday April 16

8:00 AM to 7:00 PM

April 28th Winners Announced

****Every Tuesday 5:30 pm Aerobics with Bonnie will include your Scale Back Alabama Lesson Plan information***

**First class Feb 2nd FREE regular fees for classes apply for each additional class*

*For more information and online support go to
www.scalebackalabama.com*



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